



The Hanover Council on Aging

# HANOVER HAPPENINGS



JULY 2018

665 Center Street Hanover MA 02339 (781) 924.1913 [coa@hanover-ma.gov](mailto:coa@hanover-ma.gov)

Happy Summer!

July 24th marks my one year anniversary at the HCOA. Time has definitely flown by! I want you all to know I am just as excited to be here as I was the day I got the job offer. Serving the people in a community where I grew up is amazing!

This past year has been filled with many changes, throughout town. It was a year filled with uncertainty on many levels, but something I couldn't help but notice was the sense of community in all areas of town. Even in the not so positive moments there was such a strong feeling of people wanting to help and make things better.

I am blessed to have inherited and added to a great staff here at the Center. I could not have accomplished all I have without their support. The same holds true for the HCOA Board and The Friends of the Council on Aging.

Some of the things we are most proud of are the increase in people we have touched and helped. Our outreach goals have been exceeded and we have increased communication in ways we were not sure were going to work.

We will continue to reach out further into the community to be sure we are educating all members of the town on the services and programs we have available.

In addition keep your eyes open for our Fall /Winter programs. We will be introducing an Author Series in collaboration with the John Curtis Free Library and a History Series in partnership with the Hanover Historical Society.

Thank you for all your support this past year!

Take care,  
*Tammy*

## NEED TRANSPORTATION?

If you are a Hanover Resident 60 years or older or have a documented disability, and are approved by GATRA, we can take you almost anywhere, inside of our area. We go to many towns that surround Hanover.

If you need ride to a medical appointment that would require leaving our designated area we may be able to get you a volunteer driver.

We require at least 24 hours notice for a ride request around town, and as much as you can give us for out of area rides.

Please call 781-924-1913 for more information on transportation!

## Watch Out For.....

Special Open House on September 13th, 5-8pm. Get updates on new upcoming innovative fitness and life-long learning classes in the fall. Signature Author Series, History Series, and much more! Sign up to learn more at HCOA in advance by calling 781-924-1913 or just stop by! Appetizers and prizes! All are welcome!!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2.</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI	<b>3.</b> 9:30 MORNING OUT 10:30 TAP/JAZZ 1:00 WATERCOLOR 1:00 TAI CHI 2:15 YOGA STRETCH WITH DEB <b>SHOPPING</b> <b>XMAS TREE/ROCHE BROS</b>	<b>4.</b> <b>Happy July fourth!</b>  <b>Center closed</b>	<b>5</b> 10:00 BOWLING 10:00 ZUMBA 11:15 YOGA STRETCH WITH DEB 1:00 BRIDGE <b>SHOPPING</b> <b>HANOVER MALL</b>	<b>6</b> 10:00 ARTHRITIS EXERCISE  <b>SHOPPING-SHAW'S</b> <b>LEGION &amp; BARSTOW</b>
<b>9</b> 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG  <b>SHOPPING-SHAW'S</b>	<b>10</b> 9:30 MORNING OUT 10:30 TAP/JAZZ 11:30 FRIENDSHIP HOME LUNCH 2:15 YOGA STRETCH WITH DEB  <b>SHOPPING</b> <b>KOHL'S/STOP &amp; SHOP</b>	<b>11</b> 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER  <b>SHOPPING-SHAW'S</b> <b>LEGION &amp; BARSTOW</b>	<b>12</b> 10:00 BOWLING 10:00 ZUMBA 10:00 ASK A LAWYER 11:15 YOGA STRETCH WITH DEB 1:00 BRIDGE  <b>SHOPPING</b> <b>HANOVER MALL</b>	<b>13</b> 10:00 ARTHRITIS EXERCISE 1:00 MOVIE <b>DARKEST HOUR</b>  <b>SHOPPING-SHAW'S</b> <b>LEGION &amp; BARSTOW</b>
<b>16</b> 8:30 YOGA <b>9:00 COFFEE WITH A COP</b> 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE <b>1:00 TEA WITH CLARA BARTON</b> 1:00 MAH JONG <b>FOOT CLINIC</b>  <b>SHOPPING-SHAW'S</b>	<b>17</b> 9:30 MORNING OUT 10:30 TAP/JAZZ 1:00 WATERCOLOR 1:00 PAINTING WITH TAMI 2:15 YOGA STRETCH WITH DEB  <b>SHOPPING</b> <b>STAR MRKT/MARSHALL'S</b>	<b>18</b> 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER	<b>19</b> 10:00 BOWLING 10:00 ZUMBA 11:15 YOGA STRETCH WITH DEB 1:00 BRIDGE  <b>SHOPPING</b> <b>HANOVER MALL</b>	<b>20</b> 10:00 ARTHRITIS EXERCISE 1:00 ART FOR YOUR MIND  <b>SHOPPING SHAW'S</b> <b>LEGION &amp; BARSTOW</b>
<b>23</b> 8:30 YOGA <b>9:00 COFFEE WITH A COP</b> 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG  <b>SHOPPING SHAW'S</b>	<b>24</b> 9:30 MORNING OUT 10:30 TAP/JAZZ 11:30 FRIENDSHIP HOME LUNCH 2:15 YOGA STRETCH WITH DEB  <b>SHOPPING</b> <b>MARKET BASKET</b>	<b>25</b> 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER <b>5:00 CURALEAF</b>	<b>26</b> 10:00 BOWLING 10:00 ZUMBA 11:15 YOGA STRETCH WITH DEB 1:00 BRIDGE <b>4:30 POTLUCK DINNER</b>  <b>SHOPPING</b> <b>HANOVER MALL</b>	<b>27</b> <b>9:30 HEARING TESTS (by appointment)</b> 10:00 ARTHRITIS EXERCISE  <b>SHOPPING SHAW'S</b> <b>LEGION &amp; BARSTOW</b>
<b>30</b> 8:30 YOGA <b>9:00 COFFEE WITH A COP</b> 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG  <b>SHOPPING SHAW'S</b>	<b>31</b> 9:30 MORNING OUT 10:30 TAP/JAZZ 2:15 YOGA STRETCH WITH DEB  <b>SHOPPING</b> <b>BIG Y</b>	<b>JULY</b>  <b>2018</b>		

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## **EVENTS**

### **PAINTING W/TAMI TRRAFT**

Tuesday, July 17, 2018 at 1 PM

Cost: \$5.00

Tami Trafft uses acrylic paints to teach this class. Participants leave with a beautiful painting ready to hang. Tami provides all supplies. This class is brought to you in part by The Friends of the Hanover Council on Aging. Please call 781-924-1913 to make reservations. Seating is limited.

### **MOVIE- DARKEST HOUR**

Friday, July 13, 2018 at 1 PM

In May 1940, the fate of Western Europe hangs on British Prime Minister Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on knowing that it could mean a humiliating defeat for Britain and its empire.

Starring: Gary Oldman, Lily James & Kristin Scott Thomas

MAKE YOUR OWN ICE CREAM SUNDAE

To sign up, please call 781-924-1913.

### **FRIENDSHIP HOME LUNCHESES**

Join us as participants of the Friendship Home will be back twice this month to serve us some tasty meals!

Cost: \$3.00

Tuesday, July 10, 2018 at 11:30 AM

Menu: Loaded baked potato bar with all the fixings (served family style), tossed green salad, drink and dessert.

Tuesday, July 24, 2018 at 11:30 AM

Menu: Spinach Salad with almonds, strawberries, goat cheese and grilled chicken, drink and dessert.

Please call 781-924-1913 to reserve your spot.

### **PODIARTY CLINIC WITH DR. CHAN**

MONDAY, JULY 16-DR CHAN BY APPOINTMENT ONLY

\$35.00 with insurance

\$60.00 without insurance

Please call 781-924-1913 for more information or book an appointment.

### **COFFEE WITH A COP**

Monday, July 16, 2018 9 AM – 10 AM

Coffee with a Cop brings Police officers and the community members they serve together- over coffee-to discuss issues and learn more about each other. Sergeant Jim Smith will be here on Monday's starting July 16, to meet with seniors. Come say hello and chat with Jim about issues or concerns you have.

## **EVENTS**

### **TEA WITH CLARA BARTON (SHERYL FAYE)**

MONDAY, JULY 16, 2018 AT 1 PM

COST: \$3.00

Join us as we welcome back Sheryl Faye for another performance portraying Clara Barton. You do not want to miss out on this incredible performance.

Tea and dessert will be served.

Please reserve your spot by calling 781-924-1913.

### **ART FOR YOUR MIND**

FRIDAY, JULY 20, 2018 AT 1 PM

COST: \$2.00

Children Around the World

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are intended for people of all backgrounds—artists and non artists alike. The featured topic, Children Around the World, offers an opportunity to enjoy images of childhood from a variety of cultures and time periods. We'll interpret artists' creative choices and the way the approach this universal subject. Join us for an enjoyable hour of challenging yourself to see in new ways.

Please call 781-924-1913 to reserve your spot

### **CURALEAF INFORMATIONAL SEMINAR**

WEDNESDAY, JULY 25, 2018 AT 5 PM

COST: FREE

Medical Cannabis Information Series: Patient Benefits

You are invited to participate in the Medical Cannabis: Access and Choice Informational Session to discuss the benefits and how to become a Medical Cannabis patient and the Medical Use of Marijuana Program in Massachusetts.

This event is hosted by MedWell Health & Wellness with staff from Medical Cannabis Dispensary, Curaleaf, joining to speak and answer medical questions.

This event will provide an opportunity to learn, socialize, network, and help yourself and loved ones with Medical Cannabis questions by providing access to industry professionals.

We are happy to announce that Medical Cannabis Evaluation services will be available at this event; MedWell Health & Wellness will be offering this service, on site, for those who are interested from 4P-7:30P (fee does apply).

Light Refreshments will be served.

Please call 781-924-1913 to reserve your spot.

## EVENTS

### POTLUCH DINNER SERIES

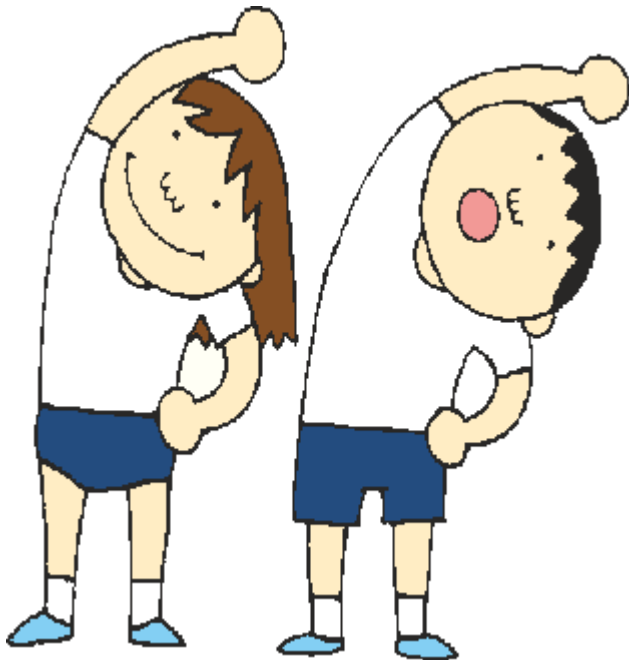
We have heard that people would like more dinners at the Hanover COA and we are responding to that request. New England potluck dinners are always enjoyable. Our first dinner will be **Thursday, July 26 at 4:30PM**. We will provide the entrée and you bring the appetizers and desserts. Please sign up to reserve your spot and let us know what you are bringing. If you do not feel like cooking, a fee of \$3 is another option. Help us make this a success. Call 781-924-1913 to sign up.

### HEARING TESTS WITH MICHAEL SCHMIT

The 4th Friday of every month  
Starting Friday, July 27 from 9:30-11 AM (by appointment only)  
Michael Schmit of at Home Hearing Healthcare will be offering his services on the 4th Friday of every month. Free hearing screenings, free hearing aid cleanings and free video ear exams.  
Please call 781-924-1913 to book your appointment.

### BLOOD PRESSURE CLINIC

Blood Pressures checks will be performed on Monday, July 30 at 9:30 am by The Hanover Visiting Nurses. No appointment necessary. **All are welcome**



## VETERAN'S NEWS

I am writing this news in mid-June with about 2 weeks left before I depart Hanover as your Veterans Service Officer (VSO). The town is in the process of recruiting for the position and is hopeful that a replacement will be available to you by July 1, 2018.

This change has come about by a state law that states a town of over 12,000 in population must have a VSO full time. I have been covering Duxbury and Hanover, both over 12,000 in population, for many years and it is time for both towns to comply with the state directive.

I will be moving to full time in Duxbury where I live, and taking care of the 750 Veterans in that town.

The new Veterans Service Officer will be going through a phase of training for both the Department of Veterans Services (DVS), a state agency, and the Department of Veterans Affairs (VA), the federal agency.

We work and report to DVS, not the VA, as most people incorrectly assume. As VSO, I have found over time I spend almost half my time dealing with VA issues yet I have no exposure to their systems and resources directly.

Please give your new VSO your support and understanding as he/she transitions into this new position. I will be around to assist during this time.

I want to extend best wishes to all 625 Hanover Veterans and widows of Veterans who, I hope, I have been able to assist over these past few years. It has been an honor to serve you. Thank you for your service to our country. I salute you all.

Mike Thorp, VSO Hanover

### **A SPECIAL THANK YOU!**

Thank you Mike for your service to our country and the Town of Hanover. I will also thank you in advance to the support you will continue to provide through the transition to our new VSO. It has been a pleasure working with you!

Tammy

### VISITING NURSES

It's so nice to finally see the sun out most days, have the temperature getting warmer, and the days being longer. The sun warms the earth, provides light, and grows plants which provide food and oxygen. The sun also has a mood lifting benefit by increasing the brains release of the hormone serotonin. Sunlight also boosts the body's Vitamin D supply, as well as helps the body absorb calcium which is essential for bone health.

Unfortunately the sun has some negative effects. It can cause sunburns and can contribute to skin cancer and cataracts.

According to the American Cancer Society skin cancer is the most common type of all cancer types in the United States. More skin cancers are diagnosed each year in the United States than all other cancers combined. Skin cancer rates have been on the rise.

Most skin cancers are caused by too much exposure to ultraviolet rays. Most of this exposure comes from the sun, but other sources, such as indoor tanning beds and sun lamps can be just as dangerous.

The good news is that you can do a lot to protect yourself.

If you have skin cancer, it is important to know which type you have because it affects your treatment options and your outlook (prognosis). If you aren't sure which type of skin cancer you have, ask your doctor so you can get the right information.



### VISITING NURSES

#### **Here are a few ways to protect yourself in the sun:**

- Seek shade especially between the hours of 10a.m. and 4 p.m.
- Cover up with clothing.
- Wear a hat.
- Wear sunglasses
- Apply Broad Spectrum Sunscreen (Protects against UVA and UVB rays)
- (at least SPF 30)
- feet and underarms.
- Remember to apply sunscreen to your ears, hands, feet and underarms.
- Reapply sunscreen at least every 2 hours and more often if you're in and out of water or are sweating.
- Avoid tanning beds or sun lamps.

On a side note, mosquitoes and ticks are out. Please take the appropriate precautions to protect against exposure and bites.

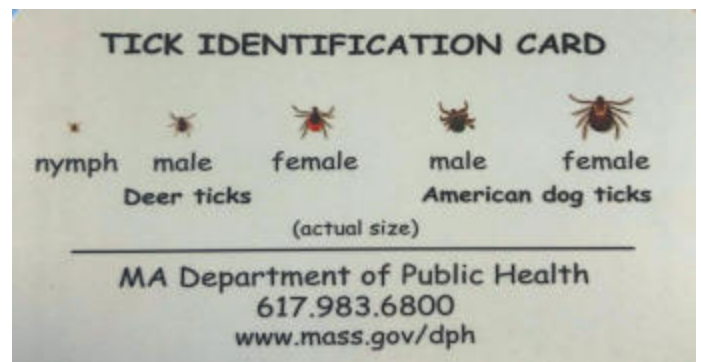
Take care and be well.

Doreen Zeller, RN

Hanover VNA

\*Feel free to contact the Hanover VNA office at 781-826-4971 if you have a question/concern.

Ticks may carry germs that cause disease. Ticks are generally found near wooded areas and near the ground. Use repellants appropriately check yourself and animals daily, and if you feel ill after a bite call your doctor as soon as possible. Many like to see the tick so if possible save it in a baggie.





### **VOLUNTEERS**

With summer approaching and people vacationing, we are looking for more “back up” volunteer drivers for meals on Meals on Wheels delivery.

If you are a teacher on summer vacation, a family member home with older children, or anyone over the age of 18 with a vehicle and valid driver license, we could use you!

Meals on Wheels is the program administered by Old Colony Elder Services that provides meal to seniors who are homebound or have issues providing themselves with a daily nutritious meal.

The drivers provide a daily friendly face and check in on the seniors, some seniors see no one else all day.

If you are interested please call Jennifer at 781-924-1913.

### **A MESSAGE FROM THE FRIENDS OF THE COUNCIL ON AGING**

The Friends Board is seeking new volunteers. If you are interested in being a part of this Board please contact the COA office and a member of the Friends Group will get back to you on what is needed.

The Friends of the Hanover Council on Aging is a non-profit organization formed in 1982 to support and enhance the services, activities and programs of the Hanover Council on Aging.

The Friends primary purpose is to raise money through membership dues, donations, and fundraising events, grant writing and to receive gifts and bequests. The Friends are instrumental in the continued success and expansion of the Council on Aging and all monies go to the programs and services that enhance the lives of Hanover senior residents.

The Friends of the Hanover Council on Aging is very important to the success of the Hanover Senior Center and its ability to organize, implement, and create programs. The added financial Support from the “Friends” continues to decrease the financial burden on the center. The dollars raised by the members goes a long way in purchasing needed items and subsidizing many programs.

### **ADDITIONAL DONATIONS**

John Buzad for his frequent donations of paper products.

### **NEW AND RENEWED FRIENDS**

Marie and Dominique Rutteman, Martha Tibbetts-Meier, Steven Herrmann, Marylou O’Shea, Linda Smith, Roberta Currier, Bob & Bonnie Teetsell

Special thanks to the Hanover VNA board for their very generous donation to the Friends!

### **IN REMBERANCE**

Marie and Dominique Rutteman in memory of Maarten Rutteman

Steven Herrmann in memory of Barbara Herrmann



### **FRIENDS TRIP**

Donna Lawrence is working tirelessly on making your 2018 exciting to date she has, a Lobster Fest at Newport Playhouse July 17, Foxwoods September 18, 2018 , and Turkey Train is scheduled for October 11, 2018. Flyers available at the Council on Aging. Call Donna for more details 508-243-2293. Be sure to check for additional trips not posted in time to make



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**Council On Aging Staff**

Tammy Murray,  
*Elder Services Director*

Nancy Lester,  
*Administrative Assistant/  
Client Services Coordinator*

Katie O'Brien,  
*Transportation Coordinator/  
Programming Asst.*

Jennifer Dunn  
*Volunteer Coordinator/Client  
Services Assistant*

George, *Van Driver*  
Michael, *Van Driver*

Maintenance  
Jason Hook

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Donald Buckley,  
*Chairman*

Richard Farwell,  
*Vice Chairman*

Carol Mattes,  
*Secretary*

Claire Flynn,  
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Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2018

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Membership: \_\_\_\_\_

Additional Contribution: \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Send acknowledgement to: \_\_\_\_\_

**Friends**

Dot Quinn,  
*President/Treasurer*

Elaine Crowley,  
*Vice President*

Judi Barca

Margaret Rooney

Doreen Giordani

**The Hanover COA Advisory Board meets of the second Monday of the month and will meet again on July 9, 2018 at 9am. All are welcome to attend this open meeting.**